

QC

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takes some effort to get
it just right **P. 4**

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WALKING TOGETHER

FOR JAQUELINE ANAQUOD,
MISSING AND MURDERED WOMEN
ARE PEOPLE — NOT STATISTICS
P. 7

FREE

IN THE CITY

NOVEMBER 4, 2014 — 2:13 P.M.

That doggie in the window



Boxers Sergio, left, and Sarvaiah wait patiently for their owner, Robert Blackwelder, while he runs errands around Piquette. GC PHOTO BY BOB HEURY

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ON THE COVER P. 7



Ordinary people like Jacqueline Anusca are raising the profile of missing and murdered indigenous women in Saskatchewan. *QC PHOTO BY TROY FLEECE*

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Alan Kitchik in *November* style with a Companion mustache. *QC PHOTO BY TROY FLEECE*

QC COVER PHOTO BY TROY FLEECE

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FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

NOVEMBER FASHION

Adam Kletchko: Promo moustache for a pro-mo' man

By Ashley Martin

Though Adam Kletchko is a fan of beards, he chose a moustache style that is anything but.

It's dubbed the "Moosemache," according to Mooseman's official style guide, and requires a lot of waxing to look right.

"I wanted to go for a little bit more of a thicker moustache which means more maintenance. Lots of wax is needed to keep it off your mouth and looking somewhat decent," said Kletchko, chairman of Mooseman Biceps.

He started growing his generational moustache ("pro mo") in July to get people interested in Mooseman (price is free). When he shaved it off for a clean start just like all the other men per targeting.

Mooseman is a global fundraiser that sees men to grow moustaches to raise money and encourage conversations about men's health, particularly prostate and testicular cancers and mental health. Women can also support as Mo Bitches.

Kletchko got referenced in the mass four years ago, noted in by the excuse to grow a moustache.

Starting from scratch, he wasn't have a "Moosemache" over the end of the month.

"It's not nearly as visible. You can't even grow it, which is kind of the fun in doing the promo m", because it's the moustache I want. I want to have it. I'll never have by the end of November but that's the fun of Mooseman: everyone, no matter how well you can grow a moustache, solidarity everyone shaves on the first and grows whatever they can for the 30 days," said Kletchko.

At least with short growth, he won't have to worry about his moustache getting in the way of food and drink. "Waxing a moustache like to produce, drinking needs to happen through a straw if you're in a rush...and you just always have to have a waxing ready."

When it gets longer, "There's really only one thing you can do when it starts to grow which is to pull it up off the lip. It just naturally lifts in two seconds you just kind of go with it. You can pull it straight to the side but by the end of the day it'll just start to curl, even when there's no wax on it."

Normally stubble-faced Kletchko likes having a moustache. "Mooseman" gives me an excuse, at least to my wife, to have a moustache without her having to get mad at me for having one," said Kletchko.

"If I was it up and make it look heavy, it's nice, but when it comes down to it, it's still a big bad of hair on your upper lip."

Another thing has wife Amanda gradually tolerates is her of busy for basic clothing, usually in grey.

Amanda will get mad at me a lot of the time because I'll come home with another grey sweater but I'll have to explain to her that it's a different shade of grey than the other sweaters."

When it comes to clothes, "Simplicity is best. I don't like to be too loud," added Kletchko. "Every once in a while you have to grab a piece that does get attention but I kind of live my days by 'what's my favourite pair of blue jeans' 'what's my favourite white shirt' and 'is it warm enough out that I can just wear this'."



QC PHOTOS BY
BRYAN SCHLOSSER

FASHION



DRESSED DOWN

- 1 **KEY MISCALACE:** Movember collaboration with L.A. company The Giving Keys. "One side of the keys are silver, and that's to stand for changing the face of men's health."
- 2 **T-SHIRT:** Groovers T from Movember.com. "This year really worked for me because the colours were white, grey and black."
- 3 **JEANS:** Wraps + Hams.
- 4 **SHOES:** Nike i-Just Lunar 1.
- 5 **SOCKS:** 50 per cent of the time, especially because I'm always combining board shorts, slippers to gym shoes. I just wear a [low cut sock] sock... because there's no way I'd be caught wearing bare feet in anything. I like socks, I got to be halfway up my calf or not visible at all."
- 6 **NO MAINTENANCE:** Wax. "Boy, I spaced it was legit because it was a company called the licensed Mustard. It has a nice cedar smell."

Candle: Movember collaboration with Kent. "I think this year is the first time I can take a mosquito bomb and candle my own mosquito, which is a weird thing."

Keychain: Movember collaboration with The Giving Keys.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#BRYCE BURNETT

Homegrown and other poems

Why should you read my book *Homegrown*? Well, if you farm or ranch or backhoe as your parents or grandparents were farmers or your family roots are imbedded in rich prairie soil, the poetry in the pages of this book will kindle within you a fondness of your home here and treasure the meaning of your very existence. It may even challenge the very implication of the word "homegrown".

Many of the old plus poems and 10 plus photographs in the book reflect community events, work ethics and ranching traditions from my upbringing on the land south west of Swift Current that was homebased by my grandparents at the turn of the century in 1880. I

have attempted to capture the magic of the land, emotions, memories and dreams, a smile, a tear and laughter — all mixed together in the writing of my poetry in many cases it is the most of the and that pulls the situation together and gives joy.

Homegrown was compiled like the recipe the Mom's homemade apple pie, topped off with Christmas pudding. The book is placed into the genres: perspective of the Prairie, roots and traditions, community connections, love life and laughter, ending with encouraging spirit and soul — all capped off with a dash of humor. I have been fortunate to have made a living ranching and farming throughout my life.

As a young boy I explored alongside Mother Nature and Father Time has kept me growing crops, raising cattle and hunting the late night long writing poetry about the joys and struggles of every day life on the land. The one room schoolhouse, Christmas memories, country church, family dinners, endless fishing and hunting trips as well as the meaning of rural life as the Prairies are all captured in verse. You will discover a lifetime of reflection from growing up on the family farm to the realization of passing it on to the next generation. You may come to realize as I have that one should not complain about getting old — as many people do not get that privilege.



Author Bryce Burnett

Homegrown and other poems is available from some stores or can be ordered from the author.





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ON THE COVER

I never thought I would be adding my auntie's name to the list (of murdered women) the next year. — Jacqueline Anaquod

MISSING AND MURDERED INDIGENOUS WOMEN

Anaquod embraces community and culture

By Ashley Martin

Jacqueline Anaquod was 24, two years homeless, addicted to drugs and alcohol and had nothing but the clothes on her back. She was lower than rock bottom when she lay passed by her aunt's house on Fifth Avenue in North Central Regina.

Elise Cole welcomed her niece with open arms.

"She was the one who really helped me turn my life around. (Her) love and the kindness and the generosity that I decided I need to change my life," said Anaquod.

Within three months, Anaquod had stopped partying, got a job at Circle Project and resumed caring for her daughter Chantal.

That was 30 years ago.

"I really think at that time in my life she saved my life."

Cole herself had turned it around, quitting a transient lifestyle, writing up a business and helping street people to need.

Wishing to support her community, in fall 2011 Anaquod attended her first Sisters in Spirit vigil, which is held annually Oct. 4 to honour missing and murdered indigenous women. Their names are read aloud as part of the ceremony.

"I never thought I would be adding my auntie's name to the list the next year," said Anaquod.

Just months later in January 2012, Cole was found on her front lawn, left to die after being badly beaten by her boyfriend, Mark Jeffrey Seewahing, who was sentenced to six years in prison for manslaughter.

The last time Anaquod saw her aunt alive, Cole was in life support surrounded by her crying children.

Twenty-nine per cent of aboriginal women victims are murdered by their spouses, compared to 40 per cent of non-aboriginal women.

Since fall 2012 Anaquod has served as lead organizer at the Sisters in Spirit South Saskatchewan vigil.



Jacqueline Anaquod at the First Nations University of Canada in Regina at the lead organizers of the Sisters in Spirit South Saskatchewan vigil. (C) Photo by Steve Russell

♦ ♦ ♦ ♦

Darlene Okemapiem-Besette's cousin was not killed by someone close to her. In 1999, Shelly Napego was a victim of serial killer John Martin Crawford.

Having grown up on a reserve at Resopio and Okemapiem First Nation, Okemapiem-Besette wasn't close with Napego, the daughter of a first

cousin growing up in Saskatoon. But when Napego went missing — and then was murdered — it affected Okemapiem-Besette.

In the mid-80s, 16-year-old Napego was called "high risk," a prostitute and a runaway.

"They didn't really depict her the way we knew her. They didn't share that she was a fun and kind daughter and cousin. That kind of stuff

they don't share," said Okemapiem-Besette.

When Crawford went to trial in 1999, Okemapiem-Besette compared it to the 1982 Bernardo trial the year before as both men were convicted of raping and murdering several women. But the victims in each case were portrayed differently in media, said Okemapiem-Besette, though they were all young women.

"The blond, blue-eyed girls were portrayed as loving daughters," said Okemapiem-Besette. "Their lives as Saskatchewan. They're portraying the victims as unprovoked, unloved and unprotected, and that's what I remember when I was young and I had no skills to understand 'what can I do?'"

Continued on Page 8

This is a Canadian issue. It's not a women's issue; it's not a First Nations issue; it's a Canadian issue.

— Brenda Anderson



Clenda Alder, with others, a member of the Juncie Mayline bandage (Juncie Mayline) from Duck Lake, and Lisa Proulx of the National Collective of Native Women (NCCNW) inside the Wapiti Women's Centre in Wapiti, Saskatchewan. (C. Proulx/NCCNW)

Anaheed agrees "there's a lot of power in our own personal story."

"That's why it's so important to hold vigils. She ended up in her current role as a nurse because of that belief. Nobody had yet answered to organize a vigil for Oct. 4, 2003, so Anaheed stepped up."

In sharing the names and stories of missing and murdered women, "you make (people) a witness to your story" so "they feel it" they relate to it, it sticks with them.

And it's healing for the families, said Anaheed. "They found comfort in hearing other people's stories... It helps (knowing) these other families that are going through the exact same thing."

Anaheed remembers telling Chantal about Pamela George, who was found in a ditch west of Regina in April 1986. Thirteen were convicted of manslaughter in her death.

"So said that didn't hurt" because of how the judge had pronounced her as a prostitute, said Anaheed. "The justice system does play a role in how our women are treated."

She had two young children — she had to go back to work to provide for food for her kids. There's what it's come down to. And I'm sure she's not the only one that has done that. There are so many different ways that women are so treated in situations — for them to feel safe to have a home.

Aboriginal women are victimized by it too.

Times higher than women in mainstream Canada said Wapiti.

"We finally believe that it's the social conditions that are putting women in vulnerable positions, such as poverty, poor housing, racism, disadvantage."

Anaheed spent this summer working at All Nations Hope AIDS Network, fulfilling her promise for her brother of health and social justice at the First Nations University of Canada.

She meets a young woman, badly beaten up, who had nowhere to go and came on looking for help.

"That kind of situation though for our women that's almost like an everyday situation. It's so normalized," said Anaheed.

"My people are out on the street, they're starving, they have nowhere to go, they're hungry. Is that their fault? People always like to blame. No, it's not their fault. There are so many other factors involved."

During her two years living on the street, Anaheed witnessed a lot of "violence against Aboriginal women."

"It's a very hard, hard world for our women out on the streets, when they're homeless, when they're vulnerable, when they don't have supports. Especially those women who come in from the reserve — new to the city, they just get into up by the people, the drugs, the street," she said.

Continued on Page B6

What's in Your Beauty Products?

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Every day millions of women slip on body moisturizers, apply lipstick or mascara without a second thought about what they are putting on their skin. A study from the U.K. claims that the average woman applies more than 500 chemicals to her body every day during her beauty routine.

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The blond, blue-eyed girls were portrayed as loving daughters. Over here in Saskatchewan they're portraying the victims as unwanted, unloved and unimportant... — Okenaysim-Sicotte

Okenaysim-Sicotte thanks a lot of herself and her sister's father and his brother, that people on her street can come to her and her husband Chris Sicotte if they need a safe place.

"When I go out of my house and down the street, I'm always on I try to be aware of people on the street, what they're wearing something on usual, because you just never know what you're going to be seeing that could help on a case."

Even amid the tragedy in the last week she does acknowledge the families. Okenaysim-Sicotte remains positive.

"I still see the world as glass half full and I still... always try to thank best of. Or stronger finally because that's how I see relief."

Brenda Anderson believes public opinion is changing, largely thanks to the advocacy work of family members and groups like Women Walking Together and Sisters In Spirit.

"The issue itself is changing, too, said the University of Regina professor. Public awareness has grown since she started working in this area a decade ago.

"I think if you were to ask someone on the street, there's (a) considerable amount (of) more awareness to the frequency," said Anderson, who co-chaired a conference about missing and murdered indigenous women in Canada and Mexico in 2000 and teaches a course on missing and murdered women.

"I think I've seen some changes in media in terms of the language that's used, how things are reported."

At this point's vigil at 10th Ave, Anderson represented seeing in many an aboriginal people in attendance. Bridging cultures is a big part of Sisters in Spirit's work, she said. That's because many of the issues facing aboriginal people are rooted in culture.

"Everything points to that history as how do we move forward? It's about bridging these cultures — there two very, very different cultures — and doing our best to form relationships," she said.



De Kiri McKay/McNee reads the poem *Indian Woman* by Janet Armstrong during the Sisters in Spirit vigil at the First Nations University of Canada in October 2015. GP staff photo by TRIN TUPAC

"This is a Canadian issue. It's not a women's issue, it's not a First Nations issue, it's a Canadian issue," added Anderson.

"We need to acknowledge the systemic problems that indigenous women face — helping First Nations people rise out of the poverty and drug abuse and sex trafficking and sex trade work, all those things that come out of the colonial policies of residential schools, the reserves, the 1996 report, the incarceration of First Nations people, all of those things that have led to them being seen as more dangerous by perpetration," said Anderson.

Indigenous people need to redouble their resolve, said Anasagood. "There's still a lot of healing that we need to do," she said. "How do

we begin to learn? We go back to ourselves, we go back to our elders, we go back to the land, we do things like that, and that will begin to build strength within us and... that's what's going to heal our people."

Anasagood, whose family hails from Miscompeting, First Nations, has embraced the Cree language — one she grew up hearing quietly spoken by her father. She hopes to speak the language to her own grandchild — 13-year-old Chasani is expecting in May.

"When Anasagood had her daughter, her family was stuck on cycle of dependency," said Anderson.

"My daughter's in a completely different space than I was when I had a baby," said Anasagood. "My grandchild won't have to live

with addiction when there won't have to live on welfare."

But having her own family isn't enough, society as a whole has work to do.

"I still don't feel safe when my daughter leaves somewhere or she's out late at night. I still don't feel safe."

When Chasani was young, Anasagood moved them to a safer neighbourhood, even though it required spending 15 per cent of her income on rent.

"The more money they could make down the street without being of their money for rent."

Changing violence against women is a societal problem, said Anasagood.

that extends beyond indigenous women.

"I think the transformation has to come from society, a patriarchal system, misogyny. There are men out there who hate women," she said. "I've never seen so much violence against women being normalized in violence and people laugh at it."

"Everybody needs to wake up and begin to look at what's going on around them."

She encourages people to educate themselves, start a discussion on the issue, volunteer at a women's shelter, or attend an event or a vigil. Okenaysim-Sicotte adds petitioning and writing letters to politicians is the list.

Continued on Page 10

Price Fall Harvest Event



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We firmly believe that it's the social conditions that are putting women in vulnerable positions, such as poverty, poor housing, racism, disadvantage. —Clive Weighill

"Maybe just attending our event has given a community member some motivation to do something else in their life," said Anisak.

Anderson sees educational value in the topic since her students attended this year's event.

"They're quite young, first-year students and some of them were first babies and they were appalled at the need for the vigil and the information that they heard," said Anderson. "I see the vigil growing; I also see the city police here heavily involved in that work. Those partnerships between communities they build through the vigils."

"I think it's very important work," added Weighill.

Anderson said a national inquiry — which has been supported by many including federal, town, city, council and the provincial government — would put a "stamp of legitimacy" to the search. The federal government has renewed the growing call for an inquiry.

Weighill said the more an inquiry would be the best way to go, though he would support it if it was called. His next action would be either if governments and aboriginal leaders all dove

to draw up an "action framework."

"It's our opinion that social service workers know what a causing a lot of this, health workers know, the aboriginal community knows, the aboriginal leadership knows," said Weighill, who also serves as president of the Canadian Association of Chiefs of Police.

"We're concerned that if there's an inquiry that the momentum that's being built right now will get shoved onto the inquiry and it will take five or six more years because people will say, 'well let's wait and see what happens with the inquiry.' And we're going to lose that momentum."

♦ ♦ ♦

For Okanagan Health, what began as raising awareness has trickled into advocacy and education work and has generated awards for herself and her group.

She and Laporte were awarded a Queen Elizabeth II Diamond Jubilee Medal last year. The group was given the Joanne Miller Peace

Award in Kelowna last September. Earlier this year Okanagan Health was shortlisted for Seneca's national Everyday Political Citizens award.

But all of those accolades sometimes feel like they're "in vain," she said.

"We're making people more aware, we're helping families feel more confident, but really are the numbers going down?" she sometimes feels indifferent when a woman demands it.

On the other hand, every honour can open a door to networking opportunities with people at higher levels, who can help raise further awareness, she said.

"There's times when it's really crushing to feel like all that work is not helping, because when Tina Pastore died, oh my gosh we were totally crushed. And Leona Saunders — those things just blew our minds like how can this be happening? We're working so hard."

"There's times when we're really really disheartened."

But Anderson commends women like these for leading the way to solving the issue.



A pair of protesters poses in front of a handful of others during the "Walking With Our Sisters" vigil. The protest was created to honour missing and murdered native women. THE CANADIAN PRESS

"The disparities and divisions of the world are the big fear here. But they need to be supported by others. They can be abundant into the world; if we're not open to hearing those things, we won't change," said Anderson. "We should use them as role models."

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I still don't feel safe when my daughter leaves somewhere or she's out late at night. I still don't feel safe
—Anaquod

MISSING/MURDERED WOMEN FACTS

- There are 196 missing and murdered aboriginal women on record from 1980 to 2010, in that time frame in Saskatchewan. There were 153 aboriginal women murdered, as compared to 25 per cent of female victims. Aboriginal people account for about 20 per cent of the population.
 - Physical beating and stabbing accounted for 63 per cent of aboriginal female victims' cause of death.
 - The killer was usually known to the victim: 62 per cent of the time in an intimate relationship (family or friend), 30 per cent of the time as an acquaintance.
 - In nearly half (40 per cent) of the cases, the motive was an argument or quarrel.
 - In Saskatchewan, eight per cent of female aboriginal homicide remain unsolved (13 cases).
 - Aboriginal females were more likely to have consumed drugs or alcohol prior to their murder (53 per cent, versus 20 per cent of non-aboriginal women victims).
 - Twelve per cent of aboriginal women victims were involved in the sex trade.
- Statistics are from the RCMP report, Missing and Murdered Aboriginal Women: A National Operational Overview.
- The Saskatchewan Association of Chiefs of Police lists 29 aboriginal women as missing. The remains of one had been located, all but one was investigated as a homicide.
 - The youngest missing aboriginal female is Tamara Kerpner, who was five when she went missing from her home in 2004. The eldest is Emily Diamond, who was 76 when she went missing in 2007. Margaret Blackthorn has been missing the longest, since 1938 from Loon Lake.



The female, 15, was reported missing on Aug. 9. Her body was found in the field where it lay undiscovered more than a week after she was reported missing. THE CANADIAN PRESS/BOB D'AMICO/CPG



Corinne Saunders was 26 and three months pregnant when she went missing and was found murdered in an alleyway in February. THE CANADIAN PRESS

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MUSIC

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Wednesday Night Folk: Bulfalo Merriwether
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Wayback Wednesdays with Levi the Dove
Midway's, 2206 Dewdney Ave.

Twist Funks, Northcoast, Highline
The Exchange, 2431 Eighth Ave.

Thursday, Nov. 13

Kiss Churchill, Air Kanney
The Exchange, 2431 Eighth Ave.

Sean Burns
The Lancaster, 4529 Gordon Rd.

Creaked Brothers
Artful Dodger, 1631 31st Ave.

The Bureau
Flg, 9970 Hamilton St.

Steve Gibson Band
The Pump, 641 Victoria Ave. E.

Friday, Nov. 14

Les Fridays
Tiger, 1475 Toronto St.

Rock 65
The Exchange, 2431 Eighth Ave.

Don Siller Band
Midway's, 2206 Dewdney Ave.

Steve Gibson Band
The Pump, 641 Victoria Ave. E.

The Jump Off, Dancer & Band
Classic
O'Brien's, 1747 South St.

Oh What A Night!
Frankie Wall and the Four Seasons tribute
Cassio Regina Show Lounge
8870 Saskatchewan Dr.

Smoke Break
19 in Broadway's Lounge,
1307 Broadway Ave.

Old Man Out
Idemando, 2300 Dewdney Ave.



Buck 65 will be performing at The Exchange on Friday. (Photo by [unreadable])

Saturday, Nov. 15

Open Auréole Live
2:30-6 p.m. Broadway's
Lounge, Main Floor, 1307
Broadway Ave.

Rossini, The Italian Mozart
Regina Springfield Orchestra
Nov. 15, 8 p.m.
Government House
4607 Dewdney Ave.

RQ & Rumble
The Exchange, 2431 Eighth Ave.

Steve Gibson Band
The Pump, 641 Victoria Ave. E.

Don Siller Band
Midway's, 2206 Dewdney Ave.

Roar Rasmussen Boy
Brendel Aikens, 3175
Woodward Dr.

Smoko Music
9 p.m. Broadway's Lounge,
1307 Broadway Ave.

Old Man Out

Sundays, 2300 Dewdney Ave.

Sunday, Nov. 16

Twisting Circle
Oceano Concert Series
4 p.m. Knox Metropolitan
Church, 2036 Victoria Ave.

Rossini, The Italian Mozart
Regina Springfield Orchestra
Nov. 16, 1:30 p.m.
Government House
4607 Dewdney Ave.

Don Siller Band
Midway's, 2206 Dewdney Ave.

Within the Ruins, Texas in July
The Exchange, 2431 Eighth Ave.

Monday, Nov. 17

Monday Night Jazz & Blues:
The Jeff Hackett Band
Burlinckler, 2206 Dewdney Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit

Curtis, 3008 Dean Dr.
Call Mike 305-528-3811.

Scott Anthony Andrews
Urbania Centre, 2100 College Ave.

Tuesday, Nov. 18

Harping Brown
7 p.m. Broadway's Lounge,
1307 Broadway Ave.

The Walkersville
O'Brien's, 1747 South St.

Quintze Blair
Artful Dodger, 1631 31st Ave.

Oh What A Night!
Frankie Wall and the Four Seasons tribute
Cassio Regina Show Lounge
8870 Saskatchewan Dr.

210-6 Second
A compelling and impactful
collection of photographs on
cotton shirts. Right, center
and movement. Features 12
Saskatchewan artists.

Richard Gonzalez in the Streets

What you need to know to plan your week.
Send events to QC@leaderboard.com

states of being. Harmed after the Roman god of beginning and transition, the subject of Jesus is the well-respected "black-mobster" illustration popularized by the philosopher Ludwig Wittgenstein.

The ambiguous animal features (white, red, blue, black, and a wound on its body) spins up, implying an overlap of life and death.

Unit Nov. 13: Central Medicine
Dunlop Art Gallery - Central Branch, 231-12th Ave.

From Michelangelo
Artists Jason de Haven, Kari Field and Rosa Lorenson infuse data with poetic and speculative meaning via material transformations, sculptures, assemblages, and texts that mimic scientific processes.

Unit Nov. 13: Dunlop Art Gallery
Central Branch, 231-12th Ave.

Sharon Disbrow: Underneath Flowers
Unit Nov. 14: University Club, 2nd floor College West, University of Regina

Adrian Stinson: The Immortal Buffalo Boy
Adrian Stinson is a First Nations artist whose work incorporates themes of history, politics, and identity.

Unit Nov. 20 Art Gallery of Regina, 180 Belleville
Chic Arts Centre, 2400 Elphinstone St.

Joseline Reimer: The harder softer side
Reimer fuses everyday objects with her hand-drawn materials to infuse their functionality and their aesthetic, creating an evocative mixture of the familiar and the enigmatic.

Unit Nov. 26: Dunlop Art Gallery
Sherwood Village Branch, 1021 Redwood Blvd.

210-6 Second
A compelling and impactful collection of photographs on cotton shirts. Right, center and movement. Features 12 Saskatchewan artists.

Unit Nov. 18: Contemporary Art Gallery, 1621 18th Ave.

Stevie, numerous stories on hand-drawn work with simple Unit Dec. 6: State Fine Art Gallery, 2037 Main St.

Reverent Town and Country
Works by Heather M. Chen, Unit Dec. 20: Myntina Gallery, 2706 13th Ave.

Wif Perreault in the Alley: One to a Rumble
A major retrospective of celebrated Saskatchewan painter Wif Perreault. Best known for a single subject - the everyday black alley Unit Jan. 4: Saskatchewan Art Gallery, 3475 Albert St.

Gailin Muller: An Index of Saskatchewan Poems and Other Observations
Gailin Muller will use her art to create a memory of daily existence, and other curiosities to guide her curiosity and presentation of this important cultural holdings of the Dunlop Art Museum.

Unit Jan. 15: In Situ - Central Library, 3311 12th Ave. AND Royal Saskatchewan Museum, 2443 Albert St.

They Don't Mean Digital
Exhibition examines our uncanny relationship to technology, asking the ways it - and we - might adapt. The first major solo exhibition by Regina-based sculptor

Unit Jan. 26: Saskatchewan Art Gallery, 3475 Albert St.

Contemporary Canadian: The Artists of South Saskatchewan Fine Arts
Features works of art that portray the essence of contemporary Canadian fine art.

Unit Jan. 31: Regina Centre Crossing, 1631 Albert St.

Contemporary Canadian: The Artists of South Saskatchewan Fine Arts
Unit Jan. 18: Government House, 4607 Dewdney Ave.

Artists in the Gallery
2266 Smith St.

Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-4 p.m.

EVENTS

Neonatal Ballet
#203-1950 Scarth St.
Open Tuesday to Saturday, 11 a.m. - 5 p.m.

Golden Oldies and Fine Arts
Oldies and Impairments by Christine and Linda Unplugged Jang and Huxley Stan
2212 Smith St. Open Monday to Saturday, 10 a.m. - 5 p.m.

COMEDY

The Laugh Shop
Live standup every Saturday night, 8 p.m. on.
Burnside Hotel, 1818 Victoria Ave.

PERFORMANCE

Moscow Ballet's Great Russian Nutcracker
Nov. 12, 7 p.m.
Cortina Arts Centre

David Garneau: Dear John

Louis David Riel
A new performance by Regina artist David Garneau on the anniversary of Louis Riel's hanging in 1885. Devised as Riel, the artist will enact a conversation with the bronze statue of John A. Macdonald in Victoria Park. The performance will touch on themes of identity, ethnicity, art and activism, and the difficulty of representation. Garneau and renowned Mica artist Kenyon educator Dylan Miller will have a post-performance conversation held at RPL Film Theatre. Immediate afterward
Nov. 12, 8 p.m.
Victoria Park

Young's Good Men, Charlie Brown
Nov. 10-12, 20
Globe Theatre, 1601 Scarth St.

Mia's Wedding
Presented by Dabbe Apple Theatre.

Nov. 12, 8 p.m.
The Artsalon, 2527 13th Ave.

DANCING

Salsa dancing
Nov. 12, 8:30-11:30 p.m.
Cathedral Theatre, 2063 Albert St.

Fun Dancing
Learn to square dance, round dance or do. First two nights free. Nov. 12, 9-11:30 p.m.
St. James Anglican Church, 1105 Empress St.

Just Dance
Move however you wish in a respectful drug- and alcohol-free space.
Nov. 14, 7-8:30 p.m.
Creative City Centre, 1814 Hamilton St.

Care To Call A Rug
1950-2010 fundraiser dance in support of Carmichael



The Moscow Ballet will be performing The Great Russian Nutcracker at the Cortina Arts Centre on Nov. 12. HANNAH PHOTO

Outreach
Nov. 12, 9 p.m.
The Mercury, 2536 13th Ave.

Retro Dance Party

Every Sunday
Michele's, 2225 Dewdney Ave.

Traditional Morris Dgging
Free lessons. Pre-registration

is recommended. 306-525-5888. Monday, 6:30-7:30 p.m.
New Dance Horizons, 2307 Harvey St.

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EVENTS

SPORTS

Harvard Poker Classic
Texas Hold'em Tournament
Nov. 11-13
Cactus Regatta Show Lounge

Women's basketball
Cougars vs. Calgary
Nov. 14, 8 p.m. U of R CHHS

Men's hockey
U of R Cougars vs. Saskatchewan
Nov. 14, 7 p.m.
Co-op Centre, U of R CHHS

Regina Pats vs. Medicine Hat
Nov. 14, 7 p.m.
Brendt Centre, Envo Place

Men's basketball
Cougars vs. Calgary
Nov. 14, 8 p.m. U of R CHHS

Montreal Canadiens Alumni
Team
Nov. 15, 3 p.m.
Co-op Centre, Envo Place

Women's basketball
Cougars vs. Calgary
Nov. 15, 8 p.m.
U of R CHHS

Women's hockey
U of R Cougars vs. Saskatchewan
Nov. 15, 7 p.m.
Co-op Centre, Envo Place

Regina Pats vs. Seattle
Nov. 15, 7 p.m.
Brendt Centre, Envo Place

Men's basketball
Cougars vs. Calgary
Nov. 15, 8 p.m. U of R CHHS

Regina Pats vs. Edmonton
Nov. 16, 7 p.m.
Brendt Centre, Envo Place

FOR FAMILIES

Stamps and Strollers
Wednesday, 1 p.m.
Complex Dealer Show/Local Mail
3025 Gordon Rd.

Kids A Difference
Combat bullying through baking
around kindness with a cookie
Wednesday, 3 p.m.
Sweet Antipasto Bakehouses,
2000 Winthrop St. N.



The University of Regina Lady Cougars will sponsor the University of Calgary Lady Cougars.

Drop-in crafts and gym
Free event for youth aged 5-18
Thursday 4-6 p.m.
Eastview Community Centre,
615-6th Ave.

Drop-in Family Playground
Friday, 9-11 a.m. a.m.
South Leisure Centre, 170
Sunset St.

Men and Tot Bored Mondays
Hosted by Katie Murray, 306-
264-2091
Friday, 10-11:30 a.m. Early
Learning Family Centres, Scott
College, 3550 7th Ave.

Build and Grow Clubs
Build a special feature project.
For children ages 5- and over
Saturday, 10 a.m.
Lewes, 4555 Gordon Rd.

Michelin's Kids Club
Saturday 10 a.m.-noon
2066 Prince of Wales Dr.

Young Explorers Club
Cold-Weather Creatures: A look
at the icy animals around us
we have on the prairies,
including a quick look to

the dinosaurs! Movie: How to
train your dragon 2. An evening
of facts and fun for nine- to
12-year-olds. Includes pizza
and pop for supper. \$18
Nov. 14, 5:30-9 p.m.
Royal Saskatchewan Museum,
2443 Albert St.

Family Perennials Film
Enjoy a favourite film for just
\$2.50.
Saturday, 11 a.m. Galaxy Cinemas,
430 McCreedy Blvd. N.

Family activities
Saturday and Sunday, 3 p.m.
Saskatchewan Science Centre,
2505 Powerhouse Dr.

Highway School
What Does Around, Come
Around: Learn about the dif-
ferent cars and life cycles
that help our Earth go round.
Designed for inquisitive
learners ages 3 to 5, Cool
Facts, games, scavenger hunts,
art, craft, exploration, and gallery
activities. Saskatchewan Science
Nov. 16, 1-5 p.m.
Royal Saskatchewan Museum,
2443 Albert St.

Family Studio Sundays
Sunday, 3-4 p.m.
McCreedy Art Gallery, 303A
Albert St.

Parent and Preschooler
Aqua Play
Monday, 9:30-11 a.m.
At Ritchie Family Wellness
Centre, 440 16th Ave.

Science Time for Totz
Interactive workshop aimed at
early learners
Tuesday, 3:30-10 a.m.
Saskatchewan Science Centre,
2505 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged 5-18.
Tuesday 4-6 p.m.
Eastview Community Centre,
615 6th Ave.

Movie Morning Out
3:00 p.m. at West St. Westside
sasktel.net

Museum of Pre-History
(MPPH)
Pawnee Park, Alberta
church.museumofprehistory.com

Regina Newsroom Club
reginaneewsclub@gmail.com

Time Out For Parents
At Ritchie Family Wellness Cen-
tre, 2350 Lincolnton St., 306-163-
4693, arw@csknet.net

Y's Women Group
YMCA, 2450 13th Ave., 306-
751-9632

YMCA Regatta
2450 McIntyre St., 306-525-2941

MUSEUMS

Alex Wicks School Museum
1605 Fourth Ave.
Tours by appointment only
(306-323-3600).

Civils Museum of Regina
1315 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday 10 a.m.-4 p.m. Closed
Sunday and Monday

Donnerstag House Museum
& Heritage Property
4507 Wentworth Ave.
Tuesday to Sunday, 9 a.m.-4
p.m.

ICMHP Heritage Centre
2907 Wentworth Ave.
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-
771-7744).

Regina Flood Causeway
14006 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Mus-
eum
2443 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military
Museum
1803 8th Avenue St.
Open Monday and Tuesday,
7-9 p.m. or by appointment
(306-343-9349).

Saskatchewan Science
Centre
2505 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday, Sunday and holi-
days, noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall
of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-6:30
p.m. Closed weekends

OTHER HAPPENINGS

ICMHP Heritage Major's
Parade
Wednesday, 12:00 p.m.
ICMHP Depot Division, 5600
15th Ave.

Serial and Political Defec-
tions on the Great West
1914: A Turning Point in History
and Culture Centenary
Reflections at the University
of Regina. Speakers include
James Oeschke and Thomas
Bewell. Nov. 17, 7 p.m.
U of R Archer Library

Regina Farmers' Market
on campus
Every Thursday, 10 a.m.-2 p.m.
U of R Research and Inven-
tion Centre Atrium

Marketplace in physical prac-
tice
Quantifying the implications
for total Canadian health-

care spending. Presented by
Kimberly McGill, University
of British Columbia associ-
ate professor. Nov. 16, 10:30-
2 p.m.
U of R Room 210, 2 Research
St.

Open Session Life Drawing
There will be no formal
instruction and all skill
levels are encouraged. The
model will be made with the
assistance of a few special
seminar sessions. Drawing
materials are required. \$3 per
drop-in session
Thursday, 1-10 p.m.
Central City Centre, 1843
Wentworth St.

Wingspan Craft Sale
Nov. 14, 1-4 p.m.
Nov. 15, 10 a.m.-5 p.m.
Nov. 16, 10 a.m.-5 p.m.
Consensus Arts Centre

Craft and Bake Sale
Nov. 15, 9 a.m.-3 p.m.
Resurrection Parish, 3555
Wentworth Park Rd.

Multicultural Forum
Nov. 15, 9 a.m.-5 p.m.
Royal Northern University of
Canada

Pravins Club
Communicate and improve
your spoken French in a re-
laxed, friendly atmosphere
Nov. 15, 10-11:30 a.m.
U of Regina's Institute
Building room 210/University

Regina Farmers' Market
Saturday 10 a.m.-2 p.m.
Marine's Building, 2600 Haver-
ton St.

Craft Sale and Book Sale
Nov. 15, 10 a.m.-5 p.m.
Westminster United Church,
3025 13th Ave.

Midwest Tea and Bake Sale
Nov. 15, 3-4 p.m.
Westminster United Church,
3025 13th Ave.

"Let It Snow" Trade Show
Presenters support the
school's playground improve-
ment project. Donation and
affle as well as for more infor-
mation call 306-795-7350.
Nov. 15, 11 a.m.-7 p.m.
501 Timothy Gaultier School,
260 Wentworth Blvd.

EVENTS

Coff and Trade Show/Bake Sale

Nov. 16, 10 a.m.-4 p.m.
Dr. A.E. Perry School, 93
Lincoln Dr.

Saskatchewan Multicultural Week Celebration
Nov. 16, 1 p.m. in Mackenzie Art
Gallery, 3475 Albert St.

Santa Claus Parade
Nov. 16, 1 p.m.
Parade starts at 25th Avenue, runs south along Albert Street to Chaplins and ends at Southland Mall, 2965 Gordon St.

Flint & Brass Trivia
Sunday, 8:30 p.m.
Orianthem, 1947 South St.

Chive Day Challenge
Drop-in gathering of board game enthusiasts
Every Tuesday, 6 p.m.-midnight
Boutique Plaza, 545 Albert St. N.

#FILM

Night Movies Dreams
Set against the Vancouver natural beauty of Oregon, the film tracks out aspiring farmer Jack Lucette (Ethan Phillips), high school dropout Dena (Sofia Pernin), and admirably introverted Huu man (Peter Sarsgaard) as they journey, sunny and, and then experience the shocking fallout of what they hoped would be an attention-grabbing act of sabotage.

The Notebook Drama
Twelve days and of this Second World War a dispirited young mother leaves her 18-year-old twin sons at the grandmother's house in the Hungarian countryside. But grandmother is a cruel alcoholic lady. The "Widow" succumbed to love, followed her husband long ago. The twins soon realize the only way to cope with an absent and inebriated world is to become completely mindless in Hungarian with English subtitles.

Run Boy Run Drama
Nov. 17, 7 p.m.
Escaping the Warsaw ghetto



The annual Santa Claus Parade is Nov. 16 at 1 p.m. The parade starts at 25th Avenue, runs south along Albert Street to Chaplins and ends at the Southland Mall. J.M. PERRY

at the behest of his father, this-year-old Brock flies into the woods and learns to hide from SS patrols, until loneliness and the harsh onset of winter drive him back to civilization. Taken in by a kind-hearted farm wife (Julianne Dufek), it is then she forges a new identity, passing himself off as Jack, a Christian was orphan, the intrepid boy becomes the contraband from village to village, working as a farmhand under an ever-present threat of persecution. In Polish, German, Russian, Yiddish with English subtitles. Based on a true story.

British Public Library Theatre
2311 23rd Ave. (206-777-8104)

Fight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote halfway in the mountains of Mexico.

Island of Lemnau: Maderager Documentary
Join scientist Patricia Wright on her island mission to help endangered birds survive in the modern world. Narrated by Martin Freeman.

Journey to the South Pacific
National Geographic Channel
This is a breathtaking adventure to the last tropical islands of remote West Papua, where the Fouries above and below the sea. Join David, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles,

maria rays, and other iconic creatures of the sea.

Kramer vs. Kramer
2903 Powerhouse Dr.
206-322-6028

#NEW MOVIES

Beyond the Lights Drama
Up-and-coming young recording artist Mari Jean (Dana Meehan-Kew) struggles with the pressures of her new-found success. One night, she intends to jump from her hotel balcony when fellow artist Kira Reed (Kate Flaker), assigned to watch her deer, senses her not to jump. Kira has to decide whether her image. The love fall in love, but the pressures of their career threaten to drive a wedge between them.

Dumb and Dumber to Comedy
Lloyd (Jeff Carney) and Harry (Jeff Carney) embark on a road trip to find a child Harry never knew he had and the responsibility neither should ever, ever be given.

Galaxy Cinema
420 McCreedy Blvd W
206-322-9008

Champion Cinema
Southland Mall Cinema
3625 Gussow, 601, 206-355-2362

Rainbow Cinema
Golden Mile Shopping Centre
3625 Albert St., 206-259-9210

Event listings are free information service offering by the community.

WINE WORLD

#SASKATCHEWAN WINE SCENE

Your grandma knows a thing or two about wine

By James Romanow

If you intend to pursue wine even casually you need to know that first and foremost food — and especially drink — is a holistic entity. If you were sent inside an school you probably remember a Poe story that hinged around Amos' dilemma. That wine is so cheap these days I use it as a cooking wine.

Around 1900, immigrants from Germany were all the rage and sold for multiples of their real price, not to mention nobody drank south there except the Scottish. In the '30s easy drinking German whites became the rage and, among people of a certain age still so. Youngsters today court up their lips at the mention of the name: "Bundling," firmly stating they drink dry while they sip their California Pinot.

These days the only place you are likely to come across a Bundling is on the wine lists selected by a good sommelier. Such people know the wine deserves a place of honor at your table but so for the upstart in the cellar. Your grandmother's upbringing at the Chateau table saying her Bundling knows something you need to explore. The Germans still make brilliant Bundling and it is still available. A good place to start is not the cheaper ones but the more complex ones.

Saskatchewan Bundling is an excellent place to begin. A bouquet of peach and lime will



last you into a crisp, frothy drink with great layers of flavor, generally at first, peach with a bit of citrus bite, but there is some mineral too. And maybe if you pour a glass for Grandma, the bread you can stork at the end of the table and split the bottle.

Saskatchewan Bundling is a ****. More great wines is Monday's paper and on Twitter @jbrwines.

Crossword/Sudoku answers

RAH	IGET	STATS			
USA	DATE	ONTHAT			
SAN	TRIN	TRUETO			
IDLOH	NGO	INDEX			
KAFRA	TON	LEE			
ERNE	MEAL	SRI			
ASSAQS	MONA	CAB			
JOT	ASHANTI	EVE			
AND	REIN	INDONT			
TCIT	CITD	SMUT			
SAC	UP	AFRA			
TUTO	PER	AFRA			
STIRUP	NEHI	WIX			
PANIN	TOIL	ADE			
NYATT	SFCA	NAS			

2	3	4	8	5	7	1	6	9
8	5	1	3	9	6	7	2	4
7	9	6	2	4	1	8	3	5
9	2	8	7	6	3	5	4	1
3	1	5	4	2	8	6	9	7
6	4	7	5	1	9	3	8	2
5	6	3	9	7	4	2	1	8
4	8	2	1	3	5	9	7	6
1	7	9	6	8	2	4	5	3

ON THE SCENE

TACKLE BEHIND THE VINES FUNDRAISER

Wine and sports enthusiasts gathered in the Rotunda at Innovation Place (adjacent to the University of Regina) on Nov. 6 for the seventh annual Tackle Behind the Vines fundraiser.

Premium wines, high-end spirits and custom farm-to-table restaurants were available for sampling. Approximately 50 items were included on the evening's sample list.

Entertainment for the evening was provided by local country artist JJ Voss.

Proceeds from the event, which raises approximately \$70,000 annually, support The University of Regina Berts scholarship fund.

1. Rebecca Courtney from the Lancaster Taphouse

2. Ryan Lucibic and Ian Gotsman

3. Dana Syth and Kelly Deibel

4. Dan Gauthier and Melanie Lohrer

5. Paul Leier and Dan Beck

6. Emma Clancy and Clara Clancy

7. Hall Topinka and Rob Crane

QC PHOTOS BY BRYAN SCHLOSSER



(NOVEMBER AND DECEMBER SAVINGS)

WINTER SAVINGS

\$1000

COUPON

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O.A.C.

\$1000 Coupon to be used as Discount! Downpayment • Cash Back

CARS

2014 CAMRY LE, Fully Loaded, 4 to choose from	\$22,500
2014 COROLLA LE, Backup Camera, Heated seats 4 to choose	\$18,500
2014 VW JETTA, Loaded 3 to choose from	\$18,500
2014 NISSAN ALTIMA SV, Sunroof, Alloys	\$22,500
2014 NISSAN MAXIMA, Leather, Sunroof	\$28,500
2013 MATRIX, Auto Loaded, 3 to choose from	\$16,500
2013 COROLLA, 5 to choose from, Auto Heated seats	\$15,900
2012 INFINITI G37X, Black, Loaded, WAS \$33,900	\$31,588
2012 IMPREZA SPORT, Only 20,000km, AWD	\$21,500
2010 MATRIX, Only 64,000kms, PST Paid	\$11,900
2009 CIVIC LX COUPE, Auto, Sunroof, PST Paid	\$11,900
2008 ES 350, Loaded, Leather, WAS \$21,900	\$17,900
2009 ACCORD EX, Auto, Sunroof, PST Paid	\$10,900
2010 COROLLA, Auto Loaded, PST Paid	\$13,900
2014 DODGE CHARGER, Alloys, Spoiler, Exhaust, WAS \$26,900	\$23,500
2014 MERCEDES C300, 4 Matic, Loaded	\$40,900

TRUCKS & SUV

2014 TOWN N COUNTRY, Sto n Go, Loaded, WAS \$27,900	\$25,900
2014 NISSAN ROGUE, Silver, AWD	\$25,900
2014 NISSAN PATHFINDER SV,	\$35,900
2014 TOYOTA VENZA VE, AWD	\$29,900
2013 FORD EXPLORER LTD, PST Paid, Loaded, WAS \$36,900	\$36,500
2013 GMC DENALI 1500, Quad Cab, PST Paid, 21,000km, WAS \$45,900	\$45,500
2013 TOYOTA VENZA VE, AWD	\$29,500
2013 TACOMA 4X4, Access Cab, 3 to choose from starting at	\$27,900
2013 TUNDRA 08L CAB 4X4, TRD Package	\$34,900
2012 TUNDRA CREWMAX, Platinum, WAS \$43,900	\$40,900
2012 DODGE JOURNEY SXT, 7 Passenger, PST Paid	\$18,900
2012 GMC YUKON XL, 8 Passenger, WAS \$35,900	\$32,900
2011 CHEV TRAVERSE, 7 Pass, AWD, PST Paid	\$23,900
2011 TOYOTA RAV 4, AWD, WAS \$23,900	\$21,900
2011 LINCOLN MKX, Fully Loaded, 72,000km, PST Paid	\$28,500
2010 CHRYSLER TOWN N COUNTRY LIMITED, Nav-DVD-Leather, WAS \$23,900	\$19,500

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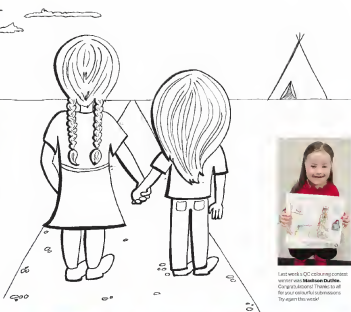
OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Madison Duthie**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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Monday, Tuesday & Wednesday

Meat includes: 6 Pcs Chicken, 1 lb of Rib Ends, 4 Side Dishes, and One Liter of Pop.

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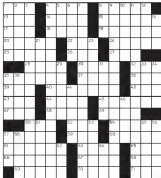


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Try to ask: maybe
4 Rhyme "hey" rapper
6 Fantasy movie features
10 TBS comedian
14 Knows why
18 Ah! When I leave what you think referring to?
17 Put on a Macbeth
19 The Julia Bird
20 Forward with
22 Not "to be" or "old" feet?
22 Many a TV shopper
24 The Dow for one
25 Inevitably needed
26 Many many rooms
27 Always based
28 Newborn reptile
30 The National City
32 ...Lanka
33 Follen and warblers at
37 Owner Simpson's
38 One with a checkered
40 Quickly exits
40 "Rocky" singer 2000
42 Time to end
43 Not goal line
44 Jockey's control
45 Play to a practical
46 Give away
47 Pushes on with
48 Conventioneer able
49 Pans
50 Grains: ribs of the
51 The Midland
52 Official with a white
54 Pests and plagues
57 All in blue
58 ...your request?
60 Comments past
61 Trade, as bubble
62 To please, to appease
65 Use available



PUZZLE BY MARY JO SILVER AND BOB COHEN

- 66 Bullen sandwich
67 Give away
68 Get a tail?
69 Inventor of the
70 Hummer one
71 "My cat" actor of
72 Official with a white
73 Inventor of a
74 All in blue
75 ...your request?
76 Comments past
77 Trade, as bubble
78 To please, to appease
81 Use available

DOWN

- 7 Text on tablets
8 Bear tender
9 The 1970s breed
10 Comedy ...
11 Comedy ...
12 All in blue
13 All in blue
14 Jockey's control
15 Play to a practical
16 Give away
17 Pushes on with
18 Conventioneer able
19 Pans
20 Grains: ribs of the
21 The Midland
22 Official with a white
24 Pests and plagues
27 All in blue
28 ...your request?
29 Comments past
30 Trade, as bubble
31 To please, to appease
32 Use available

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Fill in the blank only
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from (Starter)
(easiest) to (Master)
(hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 17

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SHARPEATS

#HEALTHY EATING

Twelve steps to heal your body and maintain health

By Jenn Sharp

There's a lot of conflicting information about what's healthy and what's not but one thing is pretty clear: the less processed food you eat, the better for all you like.

Paulette Mills, a nutritional consultant and author of five books, gave a talk recently about how you can heal your body with food and exercise. The following are her top 12 tips for cutting out the bad and getting your health on track.

1. REDUCE YOUR PORTIONS

In a world where everything is supersized, it can be hard to judge correct portions. But we generally need less to eat than we think. Try splitting a restaurant entrée with a friend or ordering two small appetizers as your meal.

2. EAT GOOD QUALITY PROTEIN, SPREAD IT THROUGHOUT THE DAY

To maintain health and heal your body, women need about 50 g of protein per day, men need about 70 g. Spreading protein to each meal gives you an easy all day.

3. FRESH IS ALWAYS BEST

Raw foods have all the enzymes intact, which means the stomach doesn't need to go through the digestion. Raw food digests easily for most people (except for those with a gastric complaint).

The best options, besides raw vegetables are nuts and seeds which are loaded with nutrients, fibre and good fats, along with being a good source of omega acids.

4. USE WHOLE FOODS

The sugar in processed foods is too easily assimilated in the

body, while flour causes blood sugar imbalances and cravings. But whole legumes and grains instead, and eat back an carb in general to lose weight.

5. ESSENTIAL FATS ARE IMPORTANT

We're all scared of fat or eat the wrong kind of fat, and many of us are deficient in essential fatty acids. Keep oil in the body to soak up of good fat. Fat is needed to heal cell linings. Healthy cells are necessary to prevent and heal disease.

Good sources of fat include cold pressed olive virgin oil for oil, prepared oil butter (beyond any of the margarine — it's made from hydrogenated fat) and hemp oil. Use hemp oil in its raw state as a salad, rice and soup or in smoothies, and keep it refrigerated — it's too fragile to cook with.

6. GET RID OF BEVERAGES THAT ADD TO ILL HEALTH

Drinks: pure water, coconut water or milk and smoothies — try adding a handful of kale or spinach (you won't even taste it) or an amaranth (a creamy texture) to smoothies.

7. USE NATURAL SUGARS

Try to eliminate most of the sugar from your diet. Good natural choices include maple syrup, honey, coconut sugar, Stevia, Agave, unsulphured molasses and pitted dates for baking.

8. TAKE PROBIOTICS EVERYDAY

Probiotics which are our immune builders, are in plain yogurt. Health food stores also stock a large variety. Probiotics are important to help maintain the good bacteria in the bowel which is the starting

point for most diseases. You want to keep the bowel moving and healthy.

9. ELIMINATE EXCITOTOXINS

These include any artificial sweetener, like aspartame or aglutin, and MSG. Buy protein powder sweetened with Stevia.

10. KEEP YOUR WISHER DOWN

Adding weight bearing to your exercise routine will help with weight loss as it helps build muscle, which in turn raises the metabolism.

11. MAINTAIN LIVER HEALTH

Liver diseases are a good idea once or twice a year to reduce your toxin load, especially in the fat cells. Berries are perfect only are the best liver cleansers. Add raw vegetable meals, smoothies, along with spirulina. Milk thistle is also helpful, but don't take it all year — use it to cleanse for a month, then take a break.

12. EXERCISE

The three components, cardio, strength and flexibility are all important. The main thing is to find activities you enjoy.

Try a small Alexander technique — breathing has been proven to help balance blood sugar and detox and remove toxins. The positive effects from just two minutes of breathing last an hour.

To find out more about this little known nutritional technology or to order her books go to: www.healingyourbestlife.ca

For a video of PAULETTE making a raw beet salad, go to [leaderpost.com/qc](http://www.leaderpost.com/qc).

paulette@healingyourbestlife.ca
Twitter: @healingyourbestlife



Paulette Mills makes a raw beet salad from her book. Let Jenny know: qc.leadpost.com/qc PHOTO BY MICHELLE REED

IT **PAYS** TO STUDY AT THE UNIVERSITY OF REGINA

The University of Regina has a long history of helping students find work. As one of the pioneers of Co-operative Education, the U of R has helped countless students find employment and gain valuable work experience in their field of study. Co-op students can kick-start their careers while earning as much as \$13,000 per semester.

The Co-op Program alternates practical, career related paid work terms with academics in class, giving students 12-16 months of supervised work experience by the time of graduation.

Co-op Programs are now available in nearly 50 areas of study and helped our students earn nearly \$10 million in 2013! We are accredited by the Canadian Association for Cooperative Education (CACEE) which means we meet the highest standards for quality and commitment as set by our national governing body.

"IT HAS GIVEN ME SO MUCH"

Courtney Kneppert is a Business Administration Co-op Student who has successfully completed three work terms. Her most recent placement was with Saskatchewan Government Insurance

(SGI), a Crown Corporation that provides the province's compulsory auto insurance program, driver's licensing, vehicle registration as well as property and casualty insurance. For Courtney, the Co-op Program at the U of R has provided so much more than she ever expected.

"I love the fact that with every work term I'm adding more skills and experience to my resume. Completing work terms with different companies has helped get my feet in the door with more people and helps pave the way for future employment," says Courtney. "Another benefit is that your salary usually goes up with every new term."

For Courtney, the perks of taking part in the Co-op Program went beyond the pay cheque.

"It has given me so much more confidence in my skills and even helped me to become more outgoing and confident. This is an amazing program, and something that I would encourage every student to do!"

When you choose to study at the University of Regina, you're getting more than an excellent education, you're also partnering with an institute that truly cares about your success. The Co-op Program enables you to gain valuable experience-based learning while pursuing almost any undergraduate degree. In 2013 the program helped 837 students obtain career related placements.

To learn more about the U of R Co-op Program, visit www.uregina.ca/futurestudents.



"This is an amazing program, and something that I would encourage every student to do!"

— Courtney Kneppert

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